

Belong Believe Achieve

Personal Training or Nutrition Consults

60 Minute Sessions

<u>Package</u>	<u>Member Rate</u>	<u>Guest Rate</u>
One	\$45.00	\$65.00
Five	\$200.00	\$325.00
Ten	\$375.00	\$650.00
Twenty	\$750.00	

Small Group Training

60 Minute Sessions 2-4 people

<u>Package</u>	<u>Member Rate</u>	<u>Guest Rate</u>
One	\$25.00/person	\$45.00/person
Five	\$115.00/person	\$135.00/person



Learn more or book your Personal Training Session today by calling 207-873-0684 or emailing wellness@clubaycc.org

www.clubaycc.org

- Closed toed shoes are required
- Adult Fitness Center, Gronk & Lift Zone users must be ages 13+
- Children ages 6-12 may use the Gronk Zone with direct adult supervision

Classes are included with AYCC membership

Guest Fees Adults \$8.00/visit OR Seniors \$5.00/visit

Peter G. Alfond Pathway to Wellness

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May 2023

Group Fitness Classes

Basics of Boxing

Tues & Thurs 6:00-7:00 pm

Bootcamp

Tues & Thurs 5:00-6:15 am

Cardio Kickboxing

Wed 5:00-6:00 pm

Chair Yoga

Tues & Thurs 10:00-11:00 am

Early Bird Spin

Mon & Wed 5:00-6:15 am

Enhance Fitness

Mon, Wed & Fri 10:00-11:00 am

Family Yoga *begins June 11*

Sun 11:30 am-12:30 pm
Runs the SECOND Sunday of month

HIIT It on the Track *Low Impact*

Tues & Thurs 9:00-10:00 am

Kid Power (ages 4-13)

Mon 2:00-3:00 pm

Fri 3:00-4:00 pm *begins May 5*

Kids Yoga (ages 5-12) *begins May 9*

Tues 3:30-4:15 pm

Pilates

Mon & Wed 6:15-7:15 pm

Sat 9:00-10:00 am

Posture & Tone

Tues & Thurs 8:00-9:00 am

Qi-Gong *begins May 1*

Mon & Fri 11:00 am - 12:00 pm

Sunset Spin

Wed 7:30-8:30 pm

Total Body

Mon, Wed & Fri 8:15-9:15 am

Trim & Tone

Tues 5:00-5:45 pm

Fri 5:30-6:30 pm

Vinyasa Flow

Mon & Thurs 5:00-6:00 pm

Vin Yin Yoga

Sun 10:00-11:00 am

Zumba®

Tues 6:00-7:00 pm

Thurs 6:15-7:15 pm



Visit our website for class descriptions and for speciality classes added seasonally.
www.clubaycc.org/wellness-classes

VIRTUAL AYCC

Our new online fitness portal is now open! Free online classes, nutrition information and other informational videos are available to Members from the convenience of your own home. Just use your member barcode to login!

<https://virtualaycc.y.org/>



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